

# Stop Comparing Yourself on Social Media

## 7-Day Companion Worksheet

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Use this worksheet alongside the book. Each day has one exercise. Write your answers here, or print it and keep it somewhere visible. You do not need to be perfect. You just need to do the day.

### DAY 1

## Measure It

*Watch the habit without changing it.*

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### TODAY'S EXERCISE

Every time you open a social media app today, note one thing before you close it: did you compare yourself to anyone in there? Keep a tally. Note what you were doing right before each time. At the end of the day write: how many times, what triggered it most, and how you felt before and after.

#### YOUR NOTES

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### KEY TAKEAWAY

*You cannot change a habit you have not clearly seen. Today is not about fixing anything. It is about getting an accurate picture of what you are actually dealing with, so the rest of the week has something real to work with.*

DAY 2

## Name What You Are Comparing

*Achievement, appearance, relationships, or lifestyle?*

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**TODAY'S EXERCISE**

Look at your notes from yesterday. For each comparison moment you recorded, identify which category it fell into: achievement and career, appearance and body, relationships and family, or lifestyle and experiences. Which category appears most often? Write it down. Then write one honest sentence about what that category is connected to in your life right now.

YOUR NOTES

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**KEY TAKEAWAY**

*The comparison is not random. It concentrates in the area where you currently feel most uncertain or most exposed. Knowing which area that is makes the rest of the week significantly more targeted.*

DAY 3

## Understand the Function

*What is the comparison actually doing for you?*

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**TODAY'S EXERCISE**

Look at your notes from Days 1 and 2. Which of the four functions fits most accurately: self-assessment (using others as a measuring stick), motivation by proxy (following aspirational accounts), avoidance (scrolling instead of sitting with something uncomfortable), or social monitoring (tracking specific people)? Write it down. Then complete this prompt: the comparison is serving this function because...

YOUR NOTES

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**KEY TAKEAWAY**

*The habit is not random or irrational. It is doing a job. Day 6 gives it something better to do. Today you figure out what job that is.*

DAY 4

## Audit and Edit the Feed

*Remove the fuel. Not all of it. The accounts doing consistent damage.*

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**TODAY'S EXERCISE**

Go through the accounts you follow on your most-used platform. For each one, ask: does following this account make me feel worse about my own life on a regular basis? Unfollow or mute at least five accounts that consistently trigger the comparison feeling. Note which category each fell into. Then write: was there one you were reluctant to remove? Did you remove it anyway?

YOUR NOTES

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**KEY TAKEAWAY**

*The comparison habit needs specific fuel. Removing that fuel does not eliminate the habit but it dramatically reduces its intensity and frequency. This is the structural change that does the most work this week.*

DAY 5

# Install the Gap

*One pause between the trigger and the action.*

**TODAY'S EXERCISE**

Choose your gap technique: the phone-down pause (put the phone face down before opening any social app), the question (ask what am I looking for right now before opening), or the delay (count thirty seconds before acting on the urge). Write it down. Use it every time today. Note how often the urge passes once the gap is installed, and how different it feels to choose to open the app versus finding yourself already in it.

YOUR NOTES

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**KEY TAKEAWAY**

*The comparison habit runs automatically because there is nothing between the trigger and the action. The gap is that something. It does not require willpower once established. It just has to be installed first.*

DAY 6

## Build What Replaces It

*Address the function directly.*

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**TODAY'S EXERCISE**

Go back to what you identified on Day 3. If self-assessment: start a private record of your own trajectory, where you were six months ago, where you are now. If motivation by proxy: write one honest sentence about what you are actually trying to build, in terms that have nothing to do with how it looks on a feed. If avoidance: spend ten minutes with the thing you have been avoiding. If social monitoring: decide on each specific person, real contact or genuine unfollow. Do the actual thing today, not a plan to do it.

YOUR NOTES

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**KEY TAKEAWAY**

*You cannot create a lasting gap in your routine without putting something real in it. The replacement needs to address the actual function the comparison was serving. That is what makes it stick.*

DAY 7

# Lock the System

*Not goals. Rules.*

**TODAY'S EXERCISE**

Write four things: your three rules (feed audit commitment, gap technique, replacement activity — each specific enough that you know when you have held them and when you have not). Your two-week warning to yourself for when the comparison spiral returns during a stressful period. Your recovery move: one specific sentence. Your floor: the two non-negotiables for hard weeks.

YOUR NOTES

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**KEY TAKEAWAY**

*The reset works. What determines whether it lasts is what you do after the first slip. A bad day followed by a return to the system is just a bad day.*

## Your written rules

MY RULES (FEED, GAP TECHNIQUE, REPLACEMENT)

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## Your two-week warning

Write this now, before you need it. Read it when the comparison spiral comes back hard during a stressful period.

TO MYSELF, FOR THE HARD WEEKS

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## Recovery move and floor

After a comparison spiral session that ran hard: one specific action you will take before the day ends. Plus the two things you will hold even on your worst weeks.

AFTER A SLIP + TWO NON-NEGOTIABLES FOR HARD WEEKS

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